

Egg Salad for Sandwiches *Lunch Day 4*

Ingredients:

Whole Wheat sliced bread and or White sliced bread
4 hard-cooked eggs
2 teaspoons prepared mustard
¼ cup mayonnaise or plain yogurt

Basic Egg Boiling Tip

Place eggs gently in a pot and cover with cold water. Add a pinch of salt. Bring the pot to a boil over high or medium high heat, then lower the heat and simmer. They will need to cook for about 15 to 20 minutes, depending on the size of the eggs and your altitude. Turn off heat. Drain the hot water off the eggs and rinse immediately in cold water to stop the cooking process. The quick cooling prevents yolks from discoloring. Twirl the egg to see if it is hard cooked. If the egg continues to twirl it is hard cooked. If the egg stops twirling quickly it is soft cooked in the yolk which is in the center of the egg.

Instructions:

1. After peeling, separate the yolk from the egg white.
2. Mash the yolk in a small bowl with mayonnaise and/or plain yogurt, adding more mayonnaise and/or plain yogurt if needed.
3. Chop up the egg white.
4. Add rest of mayonnaise and mustard and mix thoroughly.
5. Chill for several hours.
4. Use ¼ cup for each sandwich
5. Spread on bread and offer a lettuce leaf if desired.
6. Cut each sandwich diagonally.

Makes 4 sandwiches